

# Culinary school grads going to high schools to help fight childhood obesity with HealthCorps program

BY [TREVOR KAPP](#)

DAILY NEWS STAFF WRITER

Thursday, July 29th 2010, 4:00 AM



Zalcman for News

Josh Wood, 22, ladles pasta from a pot at the "Teen Iron Chef Cookoff" at Rouge Tomate on Wednesday afternoon for a panel of celebrity judges including Laura Posada and Cornelia Guest.

## RELATED NEWS

- **ARTICLES**
- [Chef Michael Symon shares tips to cook](#)
- [Food fight in Britain over celebrity chef's school plan](#)
- [From beach to table: NY's top game fish are a real catch](#)
- [Confessions of pet sitters: The craziest things owners make them do](#)
- [This watchman has seen it all: A fixture at Patsy's recalls the Rat Pack nights](#)

Come September, Sarah Fishstrom will take her culinary skills to an East Flatbush high school to teach today's snackfood-gorged teens how to eat better.

She and more than a dozen other foot soldiers in HealthCorps, a program founded by Oprah pal Dr. Mehmet Oz to fight childhood obesity, met in a friendly Iron Chef faceoff Wednesday.

"I think we're learning and shaping the future," said Fishstrom, of Park Slope, Brooklyn, as she whipped up a steamed mussels and veggie dish.

The 24-year-old and her fellow recent college grads will head off to high schools around the U.S. to instruct teens how to make better food choices.

Cheering them on yesterday was Laura Posada, the wife of Yankees catcher Jorge Posada, one of nine judges at the throwdown inside the East Side's swanky Rouge Tomate.

"I think teenagers will listen to those kids more than they would adults," Posada said. "Here, they'll make a difference in 16 schools, and if you take it slowly and keep going, hopefully it happens everywhere."

"It's a really good experience," said participant Jake Ross, a 23-year-old who will teach at Bensonhurst's New Utrecht High School. "It feels amazing because a lot of other jobs you don't get tangible feedback."

Sarah Frank, 22, is in her second year in Dr. Oz's program and this fall will be teaching at a high school in Harlem.

"I think giving people tools to impact their health provides them with a sense of empowerment that they can change their lives," she said.

"They control the future."

[Share](#)

- [EMAIL](#)
- [PRINT](#)
- 
- 
- 
- 
- 
- 
- 
- 

## You May Also Like

Ads by Yahoo!

### EDITORS' PICKS



#### [Mission accomplished? US combat troops leave Iraq](#)

50,000 US military personnel will remain until end of 2011, but is war really over?



**1 in 5 Americans believe Obama is Muslim: poll**

He's not, he's Christian, but only 34% knew that and 43% aren't sure what religion he practices.



**Lupica: Free-spending Yankees can learn from thrifty Padres**

Winning Padres spend \$173M less baseball players than the Yankees do.



**Palin tweets to defend to Dr. Laura over N-word flap**

GOP star Sarah Palin recycled controversial catch phrase "Don't retreat, reload!"



**PHOTOS: Summer cools off, but star beach bods sizzle**

Celebs heat up dog days of summer by slipping into something skimpy.



**PHOTOS: 'True Blood' stars get truly naked**

Stars of HBO hit vamp it up for bloody Rolling Stone cover.

**BEST OF NYDN.COM**



**Wild bull leaps out of ring into stands; 40 fans hurt**

A 1,100-pound bull hopped over a fence and went wild in the stands in Spain.



### When kids go wild ... who is to blame?

Molloy: Parents who can't say 'no' to their children are raising kids with no manners.



### PHOTOS: Stars who go nude for a good cause

Pam Anderson, Eva Mendes and more have ditched their clothes to help animals.



### Brett Favre saga not just old, it's comical

Myers: Quarterback's self-absorbed behavior has turned him into an annual joke.



### PHOTOS: Find out which hunk has your month

This year's calendar aims to represent FDNY's sacrifice for others.



### PICS: Celebs bare their bellies for summer

Jenny McCarthy turns heads in revealing, genie-inspired duds.

## MORE FROM LIFESTYLE

- [Drive-through church provides prayer-on-the-go](#)
- [The cougar myth: Women want men, not cubs](#)
- [Katie Holmes, Josh Duhamel strike a pose in pages of J.Crew's fall catalog](#)
- [Hazardous pesticide will still be in use for 8 years](#)
- [Facebook jumps into location-based social networking with 'Places'](#)

## MOST POPULAR

- [Most Read](#)
- [Most Discussed](#)
- [Most Emailed](#)

1.

1.

1.

Get all the latest news about our furried/ feathered/ finny (and more) friends.

### DAILY NEWS PIX MANHATTAN



Get a historic Daily News picture of iconic Manhattan moments and locations. [Click Here to Order.](#)

<http://www.twitter.com/nydnlifestyle>



### Visit our new Travel Section!

Explore deals, hidden vacation fiestas, the best cruises and long-weekend escapes!  
**GO NOW!**

Show New York your best friend.

**DAILY NEWS**  
Mobile



News, politics, sports,  
gossip and opinion in  
your pocket. Text  
**MOBILE** to **DNEWS**  
(36397) or

[CLICK HERE  
TO DOWNLOAD](#)



**Show Us Your Best Friend!**

Upload a photo of your pet and share them with all of NY. [Upload Your Photo Here.](#)

- [Media Kit](#)
- [Services](#)
- [Home Delivery](#)
- [Newsletter](#)
- [Place an Ad](#)
- [About Our Ads](#)
- [Contact Us](#)
- [Sitemap](#)
- [Latest Feeds](#)
-

Use of this website signifies your agreement to the [Terms of Service](#) and [Privacy Policy](#). © Copyright 2010 NYDailyNews.com. All rights reserved.